

11. How often will the Company review the cost sharing amounts?

Just as the Company annually reviews the amount it contributes toward the *BELL FLEX* Benefits Allowance, it will annually assess the appropriateness of the cost sharing amounts based on factors such as:

- the impact of general inflation on the Company,
- average retiree income (including pension, savings, Social Security and health care benefits),
- the effect of medical inflation on medical costs,
- what other companies are doing in the competitive market, and
- the financial position of the Company.

However, the Company is not promising to make annual increases in its cost sharing contributions. The cost sharing amount will be reviewed annually and adjusted as appropriate.

In addition to the medical data shown on page 4 in Figures 7a and 7b, the following trend charts may be helpful for planning purposes. Figure 11a, below, illustrates the historical trends for Social Security adjustments over the past five years.

Fig. 11a

Social Security Cost of Living Adjustments and the Consumer Price Index 1986-90

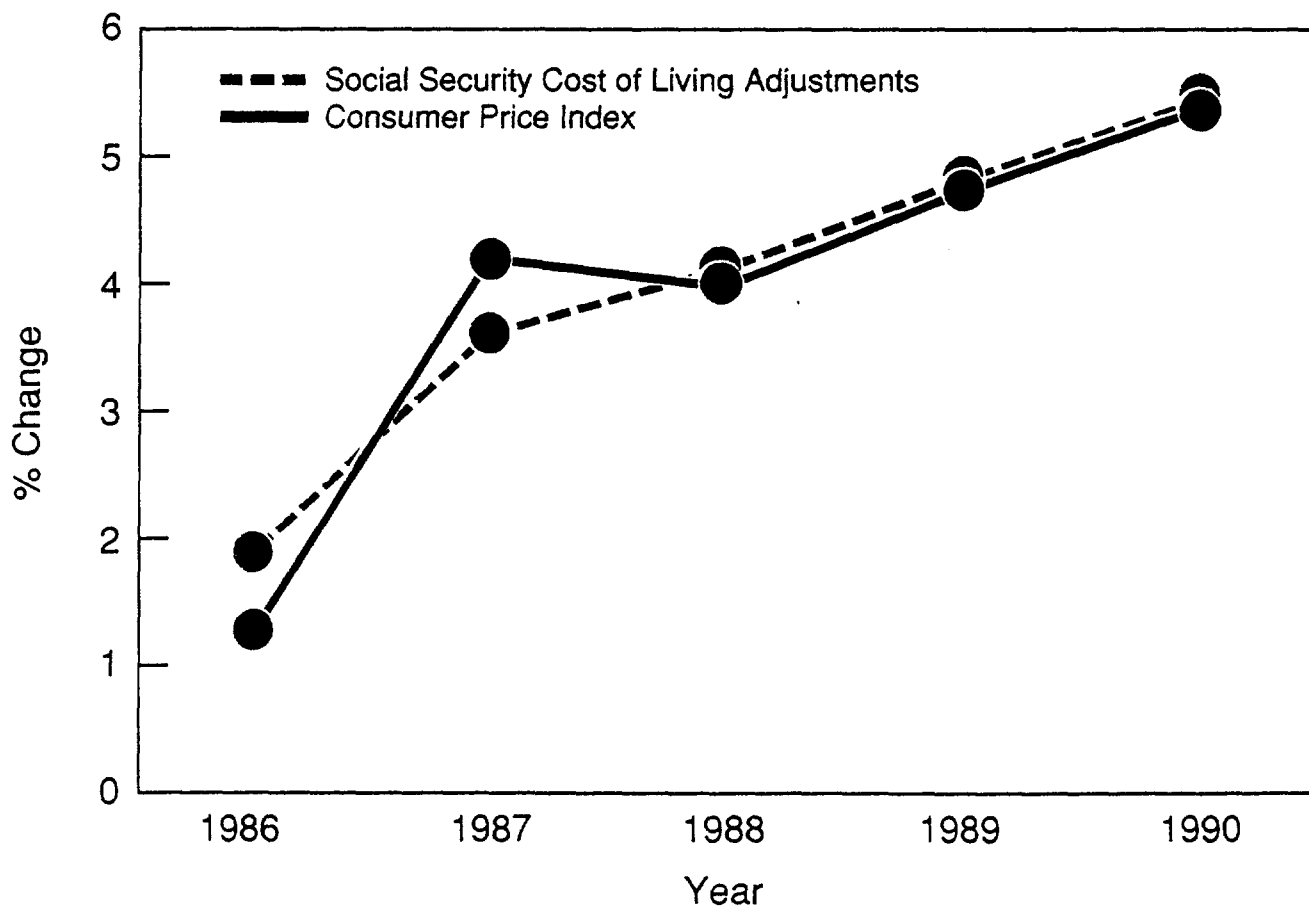
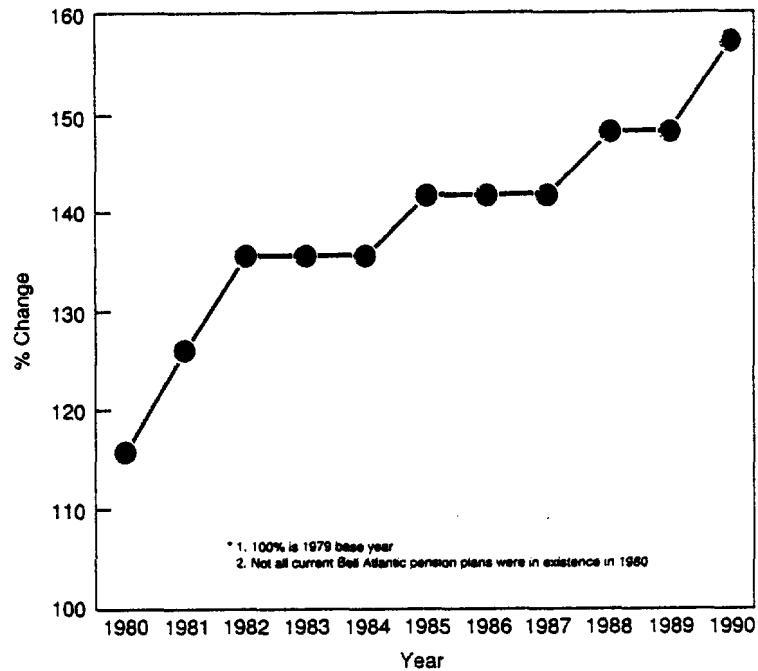


Figure 11b, below, illustrates the increases in Bell Atlantic's pension plan payments over the last 10 years.

Fig. 11b

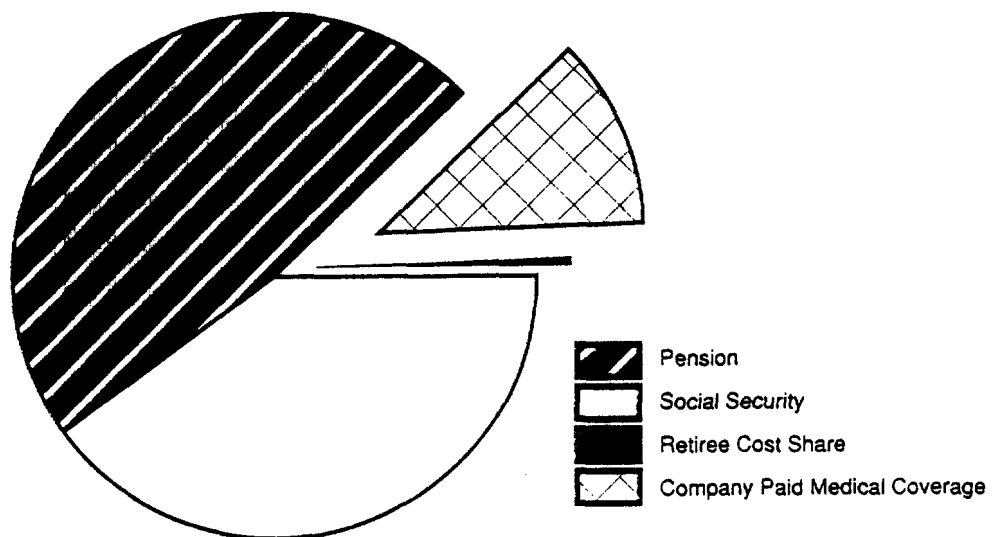
Bell Atlantic Cumulative Increase to Pension Plans* 1980-1990



Retirement income includes pension, savings, Social Security and Company-paid benefits including health care. Figure 11c, below, depicts a post 12/31/91 retiree's income components for 1994, excluding personal savings. The estimated 1994 retiree cost share amount under this new cost sharing provision is less than 1% of annual retiree income.

Fig. 11c

1994 Estimated Retiree Income & Cost Share Contribution

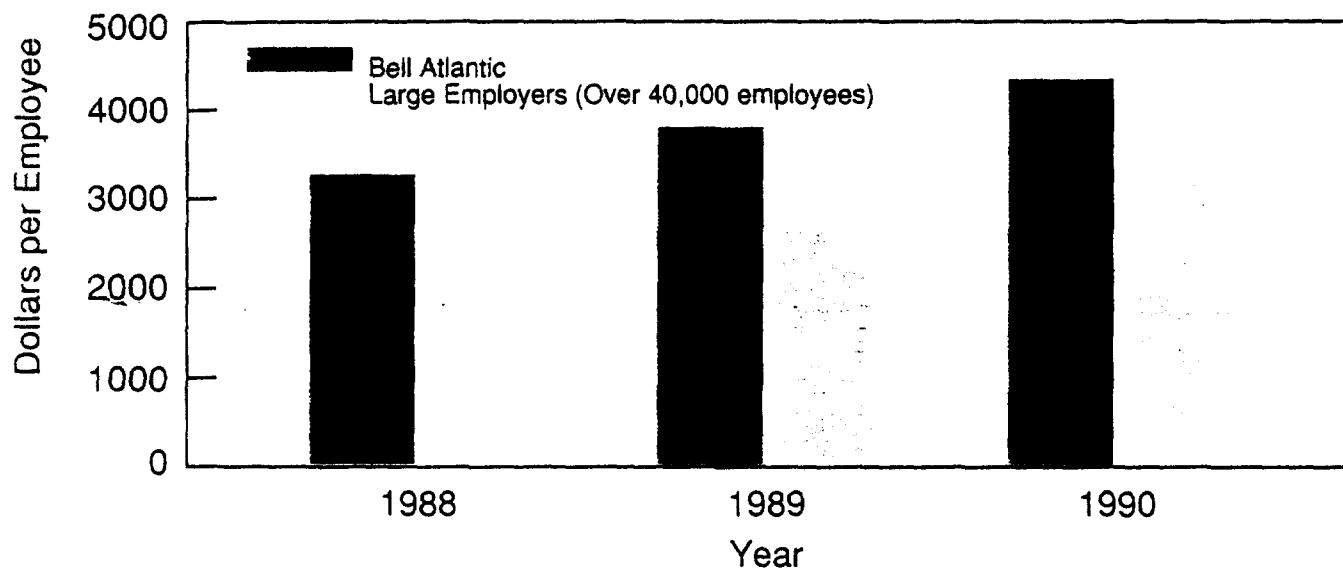


12. How do Bell Atlantic's medical costs compare to those of other U.S. employers?

Bell Atlantic offers employees and retirees comprehensive, quality health care benefits that are better than the average plan offered by most U.S. employers. This results in higher medical costs per active and retired employee for Bell Atlantic. The chart below, Figure 12a, compares Bell Atlantic's costs per active and retired employee to those of other U.S. employers with over 40,000 employees.

Fig. 12a

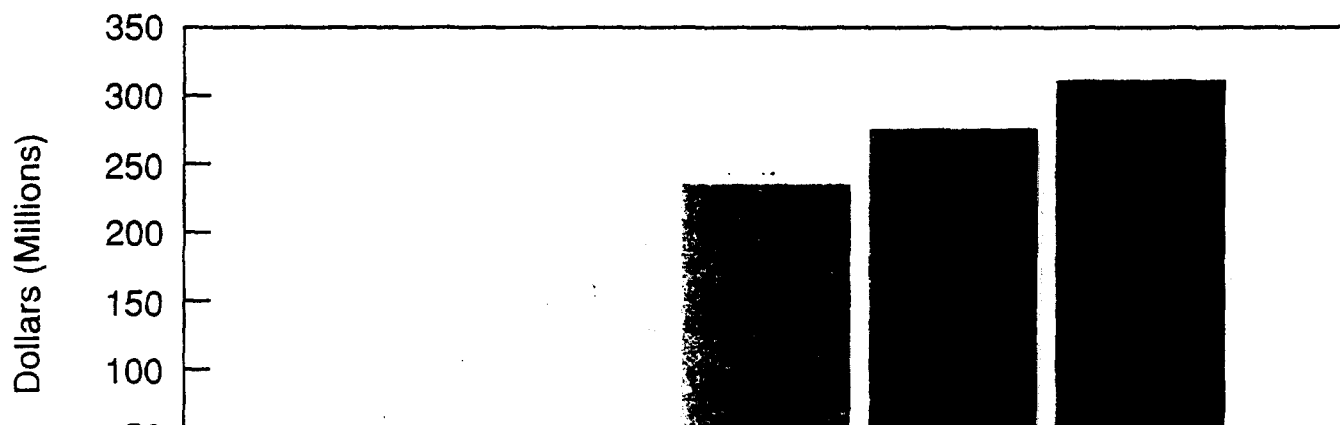
**Medical Plan Costs Per Employee
1988-1990**



As Figure 12b illustrates below, the Company's costs for its comprehensive, quality health care has increased year over year.

Fig. 12b

**Bell Atlantic Medical Cost
1986-1990**



However, Figure 12c shows that effective management of these costs has reduced the rate of medical cost growth for the past two years.

Fig. 12c

16. What can I do now to plan for medical cost sharing during my retirement?

A satisfactory, tax-advantaged savings vehicle for employees to save specifically for retiree medical cost sharing is not currently available. While the Company continues to look for a such a savings vehicle, all employees need to evaluate and adjust their current savings according to their personal needs and retirement plans. Employees may consider increasing their contributions to the Bell Atlantic Savings Plan for Salaried Employees (BASP) or other personal savings vehicles as one step in planning for these costs.

17. Where can I call if I have any questions?

Questions regarding retiree cost sharing should be directed to the following numbers:

- Network Services employees may call the Bell Atlantic Benefits Administration Office:
 - In the Washington metropolitan area, 301-622-7510
 - In the Philadelphia metropolitan area, 215-563-2022
 - In the Newark metropolitan area, 201-268-4582
 - In all other areas, 800-477-7776
- Bell Atlantic Corporate Headquarters employees should call 215-466-8868.
- Employees of Bell Atlantic non-regulated companies should call their local Human Resources Representatives.

EXHIBIT 3

BELL ATLANTIC

EXHIBIT 3

CALCULATION OF "g"

LINE		FILED 1993	AVERAGE 1993
1.	BASE PERIOD MOU	51,378,452,668	51,378,452,668
2.	BASE PERIOD ACCESS LINES	17,505,878	17,311,943
3.	BASE PERIOD - 1 MOU	48,605,332,842	48,605,332,842
4.	BASE PERIOD - 1 ACCESS LINES	17,052,216	16,923,006
5.	"g" $\{(L1/L2)/(L3/L4)\} - 1$	0.0297	0.0333

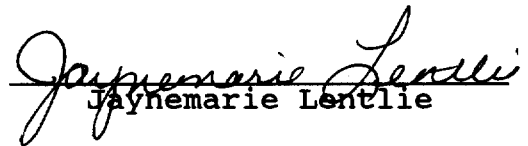
LINE		FILED 1992	AVERAGE 1992
1.	BASE PERIOD MOU	48,605,332,842	48,605,332,842
2.	BASE PERIOD ACCESS LINES	17,075,594	16,948,044
3.	BASE PERIOD - 1 MOU	45,705,776,959	45,705,776,959
4.	BASE PERIOD - 1 ACCESS LINES	16,812,040	16,659,919
5.	"g" $\{(L1/L2)/(L3/L4)\} - 1$	0.0470	0.0454

LINE		FILED 1991	AVERAGE 1991
1.	BASE PERIOD MOU	45,705,776,959	45,705,776,959
2.	BASE PERIOD ACCESS LINES	16,785,641	16,631,047
3.	BASE PERIOD - 1 MOU	41,978,618,000	41,978,618,000
4.	BASE PERIOD - 1 ACCESS LINES	16,428,320	16,184,957
5.	"g" $\{(L1/L2)/(L3/L4)\} - 1$	0.0656	0.0596

LINE		END OF PERIOD 1991 - 1993	AVERAGE 1991 - 1993
1.	BASE PERIOD MOU	51,378,452,668	51,378,452,668
2.	BASE PERIOD ACCESS LINES	17,505,878	17,311,943
3.	BASE PERIOD - 1 MOU	41,978,618,000	41,978,618,000
4.	BASE PERIOD - 1 ACCESS LINES	16,428,320	16,184,957
5.	"g" $\{(L1/L2)/(L3/L4)\} - 1$	0.1486	0.1442

CERTIFICATE OF SERVICE

I hereby certify that a copy of the foregoing "Direct Case of Bell Atlantic" was served this 27th day of July, 1993, by delivery thereof by first class mail, postage prepaid, to the parties on the attached list.


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